

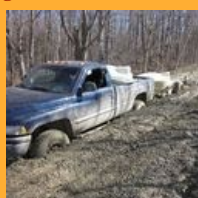
50 & WISER

SPECIAL POINTS OF INTEREST:

- 50 & Wiser
Coming Pro-
jects and Past
Projects
- Mud



Pickleball player demonstrates good form.



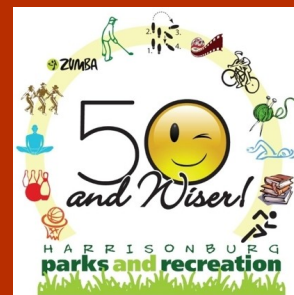
Mud Season

INSIDE THIS ISSUE:

- | | |
|----------------------|---|
| Tree Roots | 2 |
| Beach Missing | 2 |
| Amazing Person | 3 |
| Kearney New Jersey | 3 |
| Diabetes Safe Recipe | 4 |
| Word Find Puzzle | 5 |

Wiser Living Harrisonburg

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SEPTEMBER, 2013

50 & Wiser

News for September:

Pickleball is coming to Harrisonburg! On September 19, a Pickleball demonstration will be provided by the New Market Pickleball Club from 1:30-3:30 in the CAG Gym. Pickleball is spreading through the Valley! New Market, Charlottesville, Staunton, Waynesboro-the interest is growing. More teams mean more fun events, more competition; and – who knows? At last-the

Senior Olympics!

Final preparations for the Health and Fun Festival on Sept. 20, 9 am-2 pm are underway. The event is shaping up nicely with 20 vendors, 4 games, 4 craft making opportunities and lots of prizes.

Questions or comments contact Gail Ham, 433-9168; gail.ham@harrisonburgva.gov



Fighting Back <http://www.almanac.com/blog/natural-health-home-tips/mud-glorious-mud>

Mud (and you thought it was just wet dirt!)

With all the rain we have had this summer, there are probably few of us that haven't experienced the joys of mud. You may be relieved to know that nope, I don't have a recipe for it like I did with the snails. Still, mud has it's virtues.

One interesting tidbit; for decades, major and minor baseball teams have used a special rub-

bing mud to rough up the surface of glassy new balls. Mad baths from special clay deposits have long been used in traditional healing. Many species of birds use mud to make their nests, so you might want to create a mud puddle in you yard for your feathered friends. Mud puddles are good for pollinating insects, too. Who doesn't love mud

pies, and there is even an International Mud Day, this year on June 29, to celebrate the stuff.



"Trees are the largest, longest lived, and most complex forms of life on earth."

-Joe Murray-



Although English is Jamaica's official language, Jamaicans mainly speak to each other in Patois, which is a language made up of English and American Creole.

Jamaica was the first commercial producer of bananas in the Western Hemisphere

Tree Roots

Monday night, August 26, Joe Murray, biology teacher at Blue Ridge Community College, came to speak to our tree group about tree roots, shoots and leaves. His knowledge of the subject is awesome. Not much is known about tree roots, according to

Joe. It is hard to get a picture of tree roots. Most of the roots of a tree spread out in the top 12" of soil and extend twice as wide as the top of the tree. It is not clear how or if tree roots heal or seal. Tree tops seal. Trees communicate through their roots, even with

other species of trees in the nearby area. They help each other find, and sometime share, resources. The roots need a healthy layer of fungi and should be mulched by wood chips 3-4 inches from the trunk. Lastly, the mantra is "right tree, right place!"

Jamaican Beach Missing

One of the main beaches in Jamaica has been missing since July 2008. This is not your ordinary mystery. Jamaican authorities have been investigating this mystery for years, with no solution.

More than 500 truckloads of sand were removed from a planned resort at Coral

Springs, near Cuncans in Trelawny. The main suspects at that time were the people in the tourism industry on the island, but no proof and how was it done?

The "murder scene" was the next spot for one of the greatest Jamaican businesses in the late years. The Felicitas Limited consortium, that in-

cludes 15 of the most successful Jamaican entrepreneurs, was planning to invest \$8 billion in developing 36 six-star ultra luxury villas with spa, restaurant, amphitheatre and marina. The whole plan is now on hold until the sand is recovered. The question is where did it go?

Wouldn't you think someone would have noticed 500 truckloads of sand?



Amazing Person—Cathie Haldane Part 2

My family was an old family in Scotland. My maiden name was Hay, and they had two tartans. No one explained the significance of that to me, but it meant a good deal to the family.

I was 21 when I came to America. I came only to visit but ended up staying. I made friends with the daughter of a family who had gone to America and came back to Scotland for a visit. When she got back to America, she wrote and asked me if I would like to come for a visit. My father, who I was very close to, had died about a year before, and I was having a hard time. I was the only child left at home with my mother as my brothers had already

left. My oldest brother was in the Merchant Navy in New Zealand, and my next oldest brother was a professional golfer in England. My mother said the others left at 21, so I could go ahead. She was a very quiet person, who never swore except one time when something happened in the kitchen, and she said, "Oh hel.....p!" That was the closest I ever heard her come. I was glad she let me go.

I landed at Idlewild on a Saturday and had told the family when to pick me up. When I looked down from the plane snow was everywhere. It was in March of 1961 and was a bad winter in New Jersey. When I got though cus-

toms, no one was there to meet me. I couldn't stay there in the airport, so I called the family and they said, "You're not supposed to be here! Isn't it tomorrow?" I said, "No, it's today, and I don't understand anybody!" So they sent John, the son, to pick me up. When we got to their house in Kearney, I was kind of tired, so I lay down and fell asleep and didn't wake up until 9:00 pm, time to go to bed. My friend Margaret got me up and took me to a Scottish night club, where I met the man that very night that I would marry. We were happy for 37 years until he passed away. We moved to Virginia because of the Virginia School for the Deaf and Blind where our deaf son could get the best education. Now I could not live in Scotland, but I would like to visit someday.

Cathie is active in the Red Hats and Benny's Blankets. She bowls in the 50 & Wiser Thursday league.

Kearney New Jersey

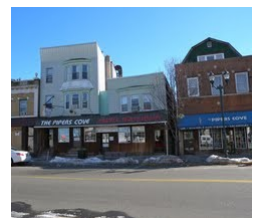
When Cathie moved to Kearney, she found herself in "little Scotland" right here in the United States! Although the town, close to Newark, has roots in Colonial times, and was named after a Civil War general, Phillip Kearney, it became a center for all things Scottish. In 1875 there was an

influx of industry when the Clark Thread Company of Paisley in Scotland extended its activities to the United States by building two large mills in Kearney then two more in 1890. Thousands of Scots immigrants followed these mills and settled in Kearney. In 1887 the Nairn Linoleum

Company of Kirkcaldy in Scotland joined them.

Kearney remains a source for all things Scottish including food markets and restaurants, mostly on Kearney Ave.

www.stewartsscottishmarket.com



Kearney Ave.
Kearney NJ

From Everyday Diabetic Recipes: (www.everydaydiabeticrecipes.com)

Jamaican Jerk Chicken

Great with a side dish of green veggies.

Serves: 6

Cooking Time: 15 Min

What You'll Need:

- 2 tsp ground allspice
- 2 tsp dried thyme
- 1/2 tsp ground cinnamon
- 1/2 tsp garlic powder
- 1/2 tsp ground red pepper
- 1/2 tsp salt
- 1 pound boneless, skinless, chicken breast halves, cut into 12 strips
- 2 tsp vegetable oil



Instructions:

1. In a shallow dish, combine the allspice, thyme, cinnamon, garlic powder, ground red pepper and salt; mix well.
2. Toss the chicken strips in the mixture, turning to coat completely.
3. In a medium skillet, heat the oil over medium-high heat. Cook the chicken strips in batches, if necessary, for 2 to 3 minutes per side, or until no pink remains. Serve immediately.

Nutritional Information:

2 strips per serving

Calories from fat—32

Total fat—3.6 g

Saturated fat—0.7 g

Trans Fat 0.0 g

Protein—16 g

Cholesterol—48 mg

Sodium 282 mg

Total Carbohydrates—1.1 g

Dietary Fiber 0.4 g

Q P S T Z E L W S A W R E S T
 N R T Q I I K O B E N D I A R
 O U O J B Y B I C O V S L M A
 I N O N S A O T I A E A I A N
 T I H O O T R T I H T C E H S
 A N S E I I A K T X R I W L L
 M G C C L U T N U O P S O B O
 I L Y X L X Y A B X A J U N C
 L T R A N S P I R A T I O N A
 C Z V U O S O F X I S M W X T
 C E U T E L F B P J P X Z Z I
 A X O L O Y P O N A C S L D O
 P H C G L R O O T S B W E X N
 P Y Y A N G I O S P E R M R A
 C X N O I T C U D O R P E R T

The World of Trees

Abiotic	Microbiology	Transpiration
Acclimation	Photosynthesis	
Angiosperm	Pruning	
Bark	Reproduction	
Canopy	Respiration	
Cycles	Roots	
Evaluation	Shoots	
Leaves	Soil	
Location	Translocation	